# My Concise Cancer Treatment Plan

## Introduction

During the initial months, I adhered to a personalized diet created by my healthcare provider. This diet can be provided separately from this document. After approximately five months, I transitioned to a more extensive and flexible eating pattern, which ultimately proved to be highly successful. Below is a summary of what can be found in my book, *Healing Beyond Cancer*. I highly recommend reading the entire book for free.

## Diet Plan

### 1. Balanced Nutrition:

- **Fruits and Vegetables:** Focus on organic, unprocessed fruits and vegetables. Include a variety of colors to ensure a broad spectrum of nutrients. Examples include berries, leafy greens, carrots, tomatoes, cucumbers, oranges, mandarins, bananas, wild peaches, and avocados.
- **Whole Grains:** Integrate whole grains such as quinoa, brown rice, barley, and oats into your daily routine. These grains provide essential nutrients and energy. Most of them should be soaked before consumption.
- **Healthy Fats:** Incorporate healthy fats from sources such as avocados, nuts, seeds (especially flaxseed and chia seeds), and olive oil. These fats support the body excellently.
- **Proteins:** Prioritize high-quality proteins, including organic, grass-fed meat (if possible), free-range chicken, wild fish, and plant-based proteins such as legumes and split red lentils (avoid the brown variety).
- **Dairy:** Opt for unpasteurized dairy products if available. They are easier to digest and more nutritious. Limit processed dairy, as it is low in nutritional value and may be carcinogenic.
- **Fermented Foods:** Include kefir, sauerkraut, kimchi, and yogurt to support gut health and strengthen the body.

2. Hydration:

- **Water:** Drink purified water throughout the day to stay hydrated. There is no fixed number of glasses of water you need to drink.
- **Herbal Teas:** Include herbal teas such as green tea, chamomile, and hibiscus, which have oxidant-soothing and inflammatory-reducing properties. Studies suggest that green tea may help fight cancer.

## Supplements and Herbs

1. Herbs:

- **Turmeric:** Contains curcumin, which has inflammatory-reducing and cancer-healing properties. Take 1-2 grams daily with black pepper to enhance absorption. It is also available in capsule form.
- **Garlic** (*Allium sativum*): Known for its cancer-healing properties. Add raw or lightly cooked garlic to meals. It can also be mixed with a spoonful of honey. For more information, refer to my book.
- **Amla** (Indian gooseberry): Rich in oxidant-soothing elements and more. Take as a supplement or in powdered form.
- **Ashwagandha** (*Withania somnifera*): Helps reduce stress and supports overall health. Take 300-500 mg twice daily.

2. Whole Food Supplements:

- **Spirulina and Chlorella:** These algae are rich in nutrients and support detoxification. Take 3-4 grams daily.
- **Black Seed Oil** (*Nigella* sativa/*Ḥabbatu-s-Sawdāʾ*): Known for its medicinal properties, take 2500 mg daily.
- **Graviola** (Soursop): {my favorite} Potential cancer-healing properties; take as an extract or tea.

3. Hydration Supplements:

- **Coconut Water**: A natural source of electrolytes, drink regularly.
- **Himalayan Salt/Sea Salt:** Add a pinch to water to help maintain electrolyte balance.

## Traditional Healing Practices

### 1. Cupping Therapy (Ḥijāmah):

- Perform cupping to promote detoxification and improve circulation.

Plan sessions every four weeks, depending on tolerance.

### 2. Prayer and Ruqyah:

- Engage daily in prayers (voluntary and obligatory) and recite specific verses, supplications, and chapters for healing and protection, such as *Sūrah al-Fātiḥah* (1), *Āyah al-Kursī* (2:255), *Sūrah al-Falaq* (113), and *Sūrah an-Nās* (114).

## Lifestyle and Emotional Well-being

### 1. Physical Activity:

- **Light Fitness:** Engage in regular, simple exercises such as walking, push-ups, squats, horse stance, or stretching. Aim for at least 30 minutes of activity most days if possible.
- **Trampoline:** Consider rebounding (light bouncing on a trampoline) to support lymphatic drainage and improve overall vitality.

### 2. Stress Management:

- **Good "Mindfulness":** Implement supplications, prayers, remembrances of Allāh, and breathing exercises to reduce stress.
- **Socializing:** Engage in enjoyable activities and hobbies to improve mood and emotional well-being.

### 3. Community and Support:

- Build a supportive network of family and friends.
- Seek emotional and spiritual support from reliable sources.

## My Daily Routine

### Morning:
- Start with a large bowl of fresh fruits (cucumbers, dates, mangoes, bananas, oranges, apples, nectarines, apricots, kiwis, etc.).
- Take a tablespoon of organic bee pollen and organic honey.
- Eat a small bowl of oatmeal mixed with cinnamon and raisins.
- Consume 100 grams of self-roasted almonds sprinkled with sea salt.

### Afternoon:
- Lunch with whole grains (couscous, brown/basmati rice, millet, quinoa, buckwheat, barley), sweet potatoes, a variety of vegetables, and *Ḥabbatu-s-Sawdāʾ* (black cumin seed).
- Occasionally add small portions of organic, grass-fed meat.

### Evening:
- Eat homemade sourdough bread dipped in olive oil with olives, cherry tomatoes, and free-range eggs.
- Consider consuming garlic with honey, starting with one clove and gradually increasing to three.

### Hydration:
- Drink purified water throughout the day.
- Add herbal teas such as green tea and hibiscus tea.
- I also drank a liter of homemade carrot juice, prepared with half a lemon, 3 to 4 carrots, a small piece of ginger, and plenty of water. I let it sit in the refrigerator to serve it cool, although that is just a personal preference.

## Conclusion

This treatment plan integrates dietary changes, traditional healing practices, and lifestyle adjustments to support the body's natural healing processes. The focus is on nourishing the body with nutrient-rich foods, supporting detoxification, reducing stress, and maintaining a strong spiritual foundation through prayer

and *Ruqyah*. By addressing the causes of illness and promoting overall well-being, this effective approach aims to improve the patient's quality of life and support their recovery journey. *Wa Billāhi Tawfīq* (*And with Allāh lies success*).

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